

# Present Remedies

against the plague.

## Shewing sundrye preseruatiues

for the same, by wholsome Fumes, drinckes, vomits  
and other inward Receits; as also the perfect  
cure (by Implaisture) of any that are  
therewith infected.

Now necessary to be obtained of every Householder, to  
avoids the infection, lately begun in some  
places of this Citty.

Written by a learned Physicion, for the health  
of his Country.



Printed for Thomas Pauyer, and are to be sold at his  
shop at the entrance into the Exchange,

1603

# Present Remedies

against the plague.

Shewing sundry premisses

That the plague is a contagious disease, and is not  
infectious in the manner of the plague  
the (or) impurities of the air, and  
the (or) impurities of the water.

And shewing the benefits of many remedies to  
cure the plague, and the manner of  
preventing the same.

Written by a learned Physician, for the health  
of his Country.



Printed for Thomas Parker, and are to be sold at his  
shop at the entrance into the Exchange.

1603



## To the Reader.

**F**OR as much as the force and infection of the ordinary disease called the Plague or Pestilence, hath heretofore beene too well knowne and felt in sundrie places of this Realme: and considering that it hath of late begun to increase in many chiefe Citties and populous places; I thought it good to publish to you in time, sundry preseruatives against the said disease, the better to defende those that are in health, from the infection of the diseased: And also to cure those that are any way infected, grieved, or troubled with the same. And to this I was imboldened, the rather for that it was written by a very learned and approoued Physician of our time, who desireth more the health of his Country, than by discouering his name seeme vaine glorious to the world. Accept the same I pray you in good part, and thanke God for the Physicians paines, who hath his desire if it may doe but that which he wisheth: namely expel sicknes, and increase health to this Land. Which God for his mercie sake, prosper and preserue from all plagues and dangers for euermore, Amen.



These things ought duely to be  
looked ynto, (Viz.)

**R**emembrance and convenient is word,  
that you keep your houses, streets, yards,  
back sides, lanes, and kennels, clean and  
clear from all standing puddles, dung-  
hills, and corrupt mixtures which inge-  
ner stinking vapours that may be noisome, or breed  
infection: nor suffer no dogs to come running into  
your houses, neither keep any except it be back-board,  
in some place of open aire, for they are both danger-  
ous, & not sufferable in time of sicknesse; by reason  
they runne from place to place, and from man to  
man, & bring upon the uncleaned thyngs that are  
cast forth into the streets, and are a most apt cartell to  
take infection of any sickness, & then to bring it into  
the house.

For laying your Rosemary upon, weigh it  
 Ayre your several fires with Charcoal fires, made  
 in stone pans or Chafin dishes, and not in Chimneys:  
 set your pans in the middle of the Fires: your em-  
 ber pan once a while in the least and put into your  
 fire a little quantity of Turpentine, Juniper, and  
 Rosemary, or of Bay-leaves.

**A Taste of great experience.**

And-

good Counsell

Another.

Applye your apparrell in the same sort, and with the same time: & beate in your handes some handkercher, sponge, or cloth, wetted in the ioyce of **Wine**, **Beardgrace**, and red **Rose-vineger**, mixt together.

To smell to.

The roote of **China** **Camping**, steeped in vineger & clapped in a handkercher, is a speciall thing to smell unto, if you come where the sickness is.

Another.

**Beardgrace**, and **Wormewood** steeped in vineger, in some powder peece close stoppt, is to be used in like sort.

To tast or chewe in the mouth.

The roote of **Angelica**, **Settwall**, **Cencelast**, **Walerian**, or **Sinamond**, is a speciall preservative against the plague, being chewed in the mouth.

To ease.

**Cate Boorell** steeped in vineger, in the morning fasting, with a little bread and butter. **Boorell** sauce is also very helthfull against the same.

Another.

Take the kernell of a walnut, mince it with three or foure leaues of **Beardgrace**, and a cooke in wine of **Saint** then put it into a **Singer**, boyle it and ease it fasting, take three houres after, and take it twice a day.



## against the Plague.

A speciall thing to cure, found very comfortable.  
Take strong red Rose Wineger, sprinkle it upon a  
toss of white bread, spread Butter thereon, and then  
cast y powder of Cinamons upon it, & eat it fasting:  
or eat bread and butter with Heartgrace.

Another.

Cure to the diseased for their ordinary foode, some  
broth made with a neck of Butten: hopped with a good  
quantity of Burridge, Dorell, and Bugloss.

To comfort the stomacke.

Ruberries are very comfortable, made with Cloues,  
Spice, Nutmegs, Sanniers, Cinney grains, and such  
like.

To drinke.

Take Rine, Wormewood, and Scabias, steepe it in  
Ale a whole night, & drinke it fasting every morning.

Another.

Take the water of Cardus Benedictus, or Angeli-  
ca, and mixe it with Spethidatum.

Another.

The roote of Cnula Campana, beaten to powder, is  
a speciall remedy against the plague, being drinke fa-  
sing.

Another.

Drinke the powder of Lurmentill, in Dorell or  
Scabias water.

Another.

For y fele themselves already infected, take Ange-  
lica water mixt with Spethidatum, drinke it off, then  
goe to bed and sweat thereon.

Another to drinke.

Take a sponch of Ruberries, and bruse them be-  
twix

## good Counsell

fore they be dry, beat them in potter, and drinke it in  
good Ale. Ale or Beere, or in white wine: then sweat  
vpon it, and so beare to shewe  
to procure Sweat.

Take Posset Ale sodden with Sorrell, and Bura  
ridge, mixt with Triacle of Diateseron and get you  
to your naked bed.

A speciall preseruatine against the Plague.  
Take of the roote of great Waterian, a quarter of an  
ounce: of Sorrell a handfull: an ounce of the roote of  
Butterbur: boyle them in running water, tū a quart  
to a pint, two spoonfulls of Vinegar to it, and let  
the patient drinke it so hot as he may, and then sweat  
vpon it.

An other speciall Preseruatine.

Take an Egg, make a hole in the top of it, take out  
the white and the yolke, and fill the shell onely with  
Saffron, sett the shell and Saffron together in embers  
of Charcoales, vntill the shell is redde: then beat  
shell and altogether in a mortar, with halfe a spoonfull  
of Posset Ale: Now so some as any suspicion is had  
of infection, drinke the weight of a French custard in  
ten spoonfulls of posset Ale, drinke it luke warme, and  
sweat vpon it in your naked bed.

An other Preseruatine to be distilled.

Take halfe a hundred greene Walnuts beeing new  
taken off as they hang greene on the tree, and a pound  
of the inner Barke of an Ash tree: then take Octimor  
rell, Boudoke, Scabias, & Mercurius, of each a handfull  
Saffron halfe an ounce, and mince al these smal toge  
ther: then put a pottle of the strongest Vineger on the  
bole them ouer a soft fire in a close pot, and after distill  
them



## against the Plague

them in a limbeck: keep the distilled water, and give  
the patient two ounces to drinke thre or foure times  
in four & twenty houres, when he is in his naked bed  
let him be prouoked to sweate, and he shall finde great  
ease thereby.

If the Patient be bound in the body.

Take a suppositor made with a little boyled Humry,  
& a little powder of saffron let this be put by at the funde-  
ment with a little butter, untill it moue him to stoule.

Drinke for ordinary Dye.

As much as you can let the patients ordinary drinke  
be good small ale of eight oates ale.

For Vomiting.

Vomiting is better then bleeding in this case, and  
therefore prouoke to vomit so neere as you can.

To prouoke Vomit.  
Take the rindes of Cardus benedictus. Stamp it, and  
drinke it in Rhenish wine, ale, or posset ale.

Another.

A little quantity of white Pepper, grated and drinke  
in the like sort procureth vomit.

A speciall Vomit.

Take two ounces of Syde of Malants, a spoonfull  
of the myce of Calandine, and halfe a spoonfull of the  
myce of Keadish rootes: Let not the party drinke for two  
houres after, and in so doing it is better then any pur-  
ging.

For purging.

If the party be full of grosse humors, let him bleed,  
immediately upon the right arme, on the Larter vein  
or on the median vein, in the same arm: so as no soze  
appeare the first day.

## good Counsell

A very wholesome purge.

Put into the pay of an apple, a lipeperinte weight of Moes, and so take it: of the pills of Rufus.

A wholesome water to be distilled.

Steep sorrell in vinegar, foure and twentie houres, then take it out and wring it with a linnen cloth, then still it in a Limbecke, drinke foure spoonfulls with a little sugar, then walke vpon it till you sweate if you may: if not, kepe your bed and sweate vpon it. Use this before supper on any evening.

If the patient happen to be troubled with any swellings, Botches, Carbuncles, or Gods tokens: let him sweate moderately now and then.

Outward medicines to ripen the sore.

Take the roote of a white Lillie, roast it in a good handfull of sorrell, stampe it and applye it thereto very hot, let it lie foure and twentie houres, and it will heale the soze,

Another.

Take of old sturmes grease salted, two ounces, with the yolke of an egge, and two handfulls of Scabias, stampe them together, and laie it to warme to the soze.

Another.

Take a small quantitie of leauen, a handfull of analatoes, a little quantitie of Scabias, cut a white Onion into pieces, with halfe a dozen heads of garliche, boile these together in running water, make a poultice of it and then lay it hot to the soze.

Another.

The lillie may be made of two handfulls of Valerian, three rootes of Dambooz, and a handfull of smalledoge, seeth them in shepes suet and Rose water, with a few  
crumes

## against the plague.

crums of bread, and apply it hot to the soze.

Another.

Take a hot Loafe, new taken forth of the Oven, apply it to the soze, and it will double the breake the same but afterward bury the same loafe deep inough in the ground, for feare of any infection: for if either dog or any other thing do feede thereon it, will infect a great many.

Other Obseruations.

Let the sicke and infected persons bee separated and kept from the towne, but till the soze be healed: but generally let them be kept within the space of a month.

For a Fume.

Take a new burnt Wycke, & beate it red hott, then put it into a Balon of Vineger, and let the fume thereof ascend into your house.

For Aying Apparell.

Let the apparel of the diseased persons, be twelue often washed, be it linnen or wollen: or let it be ayed in the Sunne, or ouer pans of fire, or ouer a Chauldity of Coales, & fume the same with Frankensence Jumper, or dyed Rose-mary.

A perfect good Plaster for the Cure of the  
soze after it is broken.

Take vntwought Glasse, white Turpentine, the yolke of an Egge, a little fresh butter, & a quantity of English honny, boile all these together to a saue, and apply it to the soze, being thin spread vpon a cloth, in manner of an ordinary Plaster.

## good Counsell

### Additions.

To preserve from the Infection of the Plague.

Take Garlicke peeles it and mince it small, put it into new milke and eate it fasting.

To take the infection from a house infected.

Take large Dymons, peeles them, and lay three or foure of them upon the ground, let them lie ten daies, & those peeles Dymons will gather all the infection into them that is one of those Rooms: bin Burne these Dymons afterward deep in the ground.

### Another.

Take new milke and set it in a Galen in the middle of the infected Roomes, and the milke will draw the infection vapour into it, letting it stand two daies in the saide Roomes.

### Against the new burning Fever.

If the Patient be in a great heat as most commonly they will take of faire running water a pretty quantity put it on a Chasingdish of Coles, then put thereto a good quantity of Saunders beaten to powder, and let it boyle halfe an houre betwene two dishes: that done put a couple of soft linnen clothes into the dish, wet the clothes well in water and Saunders, and apply the same to hote as you can suffer it to your belly.

To

## against the plague.

To drinke for the whot Feuer,

Take two handfull of Sorrell, and a handfull of violet leaves with a bunch of foure Draps, beat them together stalkes and all: then straine it into Butter-milke, then make a posset of the same Butter-milke, and let the Patient drinke thereof so much as he will.

To procure sleepe to the sicke Persons that are diseased either with the Plague or the hote Feuer.

Take of a womans Breast milke a good quantiti, put therunto of the like quantity of Aqua-vite, stir the m well together, and moisten therewith the Temples of the Patient and his possyils, lay it on with some feather, or some fine thin ragge.

Butter-milke in this contagious time is generally helosome to be eaten, and is a good Preservative against either the Plague or the pestilent Fever.

*Finis.*

